## VALUE OF GOOD CHEER AT DINNER NOT TO BE OVERLOOKED—DAILY SERIAL FEATURE

#### LAUGHTER WITH ONE'S MEALS TO WARD OFF INDIGESTION

Nothing More Conducive to Good Digestion Than a Cheerful Dinner Table-Letter From Indignant "New" Woman

IT IS rather shocking taste after having broken bread at a house to criticize one's hosts-but, well, the actual incident

is carefully disguised. I was dining with an extremely clever woman and her rather neutral-toned husband a week or so ago. Three older children were also at the table. During the entire meal the parents' conversational efforts in my direction were interrupted by slants taken at the children. One child was brought atmost to the verge of tears by oughtless ridicule, while another was hardly able to choke down his food because his father had administered a stern rebuke for his failure to obey in some particular.

AND as a looker-on I wondered not at the many dyspeptics in this country. We, in America, do not fully realize the value of a cheerful meal on the digestive organs. Parents so often, because it is the only time the clan is gathered together, make an inquisitorial board of the dinner table, little realizing that the effect of this mental disturbance will have Its reaction on the stomach. Family life on the continent differs greatly from ours in this respect. It is the invariable custom to make the meal a cheerful and enlivening one, and if the viands are simple, talk flows freely. As a result there are

fewer dyspeptics among the Europeans. There is always much laughing and joking when any one loses his appetite and is accused of "being in love," but physicians agree that any emotion will undoubtedly affect one's whole nervous system with a consequent loss of appetite. You know yourself that extreme anxiety will make you lose all desire for food, and anger has the same effect.

And although happiness is most essential, any extreme excitement such as a child's anticipation of a holiday which makes him gulp down his food in mouthfuls, will be disturbing to the general

these days is on an equal plane with or moral.

1. What can be substituted for sugar in jelly-making?

1. What is the cause of erretals forming in

3. Should Juice for Jelly be brought to the

1. Fruits, vegetables and other foods spoil ; ecause they are exposed to microscopic organ-

2. Preserves are whole fruits or large por-

malades the fruits are shredded

Housewife's Recipe

Washing Blankets

Polish for Silver

Cleaning Wicker Porch Furniture

Brushing the frames and chandeliers over

Waxing Hardwood Floors

Dear Madam—Can you tell me how to wan a hardwood floor and the best kind of wax to use (Mrs.) C.

Names of proprietary preparations can-os be given in these columna. If you will

sult a reliable paint dealer, however, I sure he can recommend a good wax, fore applying it sweep and dust the floor

boroughly fit must not be washed immedi-stacly before waxing, as the wood must be perfectly dry, rub rough spots with candpaper until a new surface appears. Go

r the floor in long strips, working from easts sides with the wax, then rub il hot with a floor pad made of thick-ses flannel covered with chamois.

To Banish Odor of Paint

res, chandeners, ecloth in the summer.

To the Editor of Woman's Page:

To the Editor of Woman's Pope:

known as recata, moids, etc., which conditions of warmth and moisture feed them until the whole substance is con-

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written as the side of the paper only and signed with the name of the writer. Special queries like those given solve are tautied. It is understood that the editor does not necessity infores the actiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S Exchange. Evening Ledger, Philadelphia, P.

TODAY'S INQUIRIES

ANSWERS TO YESTERDAY'S INQUIRIES



A pinwheel-like feather ornament such as this should be on a high place—so that is why this hat has been built up as high as possible to support it in the breeze.

men. You probably countenance a man's smoking or drinking, yet would deprive women of this privilege just because they belong to a different sex. Smoking has become such a common thing among women that any one who frowns upon it must be counted dreadfully out of the modern picture, quite mid-Victorian, in fact, and believing firmly in the double standard throughout."

MY DEAR indignant "advanced" person, I believe in nothing of the sort. But, it seems to me that with a single code of morals for men and women it is rather better to raise the standard, to MY EXPRESSED opinions regarding make it in fact a fifty-fifty proposition, than to lower the entire code. When make it in fact a fifty-fifty proposition, smoking have brought a letter from a I spoke of the folly of leading a gay woman who assails this view as "narrow and siddy existence. I was arguing, and behind the times." She says: "You you may remember, purely from the evidently ignore the fact that a woman physical standpoint, and not the ethical

When a formal invitation is sent to a mar-ried couple and only one can attend the affair, in what form should the acceptance be written?

2. Is it allowable to wear a straw hat with a

S. Can a straw hat be worn with a Tuxedo or dinner coat?

I. A man can wear either a sack suit or

2. Wemen should not remove their hats when

3. Guesta should not linger after a formal

cutaway when attending a format breakfast

attending a breakfast.

#### "MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

By "MA" SUNDAY

A WEALTHY advertising man from a weatern city, who was making a business trip to New York, related recently an experience he had had with a cabaret party he had been persuaded to join. One of his eastern commercial friends, determined to entertain him according to the standards of the White Light district, invited him to accompany him and another friend to dinner at a famous Broadway cabaret restau-

When he arrived he found three very much painted, but pretty and extremely young girls in the party, and he demurred, urging that he was a married man, "and didn't go in for that sort of thing." But his friend met his protests with a laugh. So, rather than put the other in an embarrassing position, he consented to stay with the party and see the dinner through.

As the wine flowed more and more freely about the table the conversation became pregnant with innuendoes and questionable jokes. The advertising man felt increasingly ill at ease as he thought of his wife and children at home and compared the former with the painted girls.

He became convinced that his friend had deceived him as to the true character of the pretty, blonde dolls with were their companions, and determined to speak his mind forcibly when they were alone. The climax was reached when, on the way from the restaurant to the taxicab stand outside, one girl pressed his arm and, in a dulcet whisper, asked him if he were going to

"MA" SUNDAY "What for?" he demanded in amazement. "I can't see that you have done anything for me that I should pay you

"Times are hard," the girl sighed prettily, "and I have given you my company all evening. That ought to be worth something," she pouted, "and besides it is the customary thing nowadays!"

"I am afraid you are up against a hard-headed Scotchman this time, who

thing for nothing, in business-or otherwise!"

What new species of female is Broadway breeding these days in the socalled Salamander? She has the mistaken idea that if she plays safe, if she

The Salamander isn't even a fair sport. She clings to the pitiful little shred she persuades herself is her virtue, heedless of the fact that she has betrayed

Poor, little, foolish Broadway girls, take heed! To her who hath not the true essence of virtue even that which she hath shall be taken away-and you will be despised for that which you have not done!

THE CHEERFUL CHERUB wouldn't be a

see the sun. I'd be an elevated train lot more Fun. RMCCANH

breakfast as they do after Clothes for Sister's Wedding

S. Currents, sour apples, erab apples and grapes are rich in pectin, which is necessary for the transformation of fruit Juice into Jelly. Dear Madam-My elder sister ed in about one month. We do

Dear Madam—Torminoes are plentiful in the market and make good salads or junched dishes. Filled in this way they are good. Score out the centers of the tenatoes so that a space is left, and to the pulp add a little enlow three chopped green peppers, a little chopped cabbases a few chopped nuss. Mise with mayonable, ill the shells with the mixture, put a little more drasning over the top of each terrato and, after chilling, serve on crisp leaves of lettings. It is better for you to take a philosophical view of your sister's marriage now that it is definitely setfled, and as you say you have not yet met the man, you may be agreeably surprised in him. Be warmly cordial toward him when you meet. Do not show by the slightest act that you do not altogether approve, for you may regret it in later years. Welcome him into the family. When you meet his relations they will probably express their pleasure, whereupon you can say that you are happy to meet these representatives of your future brother-in-law's family. You should have a plainly tailored coat To the Editor of Woman's Page:

Dear Madam—Please publish directions for washing a pair of good blankets before storing them away; or is it better to wash them in the them away; or is it better to wash them in the them. The blankets should be thoroughly cleaned before storing away for the summer. Many persons prefer to have valuable blankets cleaned by a professional cleaner. This is one method of washing them: Put You should have a plainly tailored coat suit, or if not that, a serviceable topcoat, not too heavy in weight, yet heavier than silk, for instance; also, a one-piece dress if the top-coat is worn. A tailored hat can be worn for traveling. You will probably need a dressier hat for the weighting also a freek one pint of soft soap and two table-spoonfuls of borax in a tub of cold water. When the mixture is dissolved put in the pair of blankets and let them remain over worn for traveling. You will probably need a dressier hat for the wedding, also a fook of georgetie crepe, charmeuse, crepe de chine or some similar materiat. Take several white skirts and shirtwaists and a sweater if you possess one, also a rough outing hat. Wear sensible walking shoes of tan or black and dark kid or fabric gloves on the train, and provide yourself with dressy pumps or alippers for the wedding. You will probably in addition need an evening gown or two, and a gingham or linen one-piece frock would be useful. Provide yourself with a dark kimono or bathrobe and dark slippers for use on the train in going to and from the dressing room. It is bad taste to wear a light, conspicuous robe while traveling. night. Next day wash and drain them (do not wring) and hang up to ary. To the Editor of Woman's Page:

Dear Medam—Can you give me a good polish
for silverware?

A polish for silver can be made of two
ounces of chalk or whiting, two ounces of
ammonia water and eight ounces of plain
water. Cleaning Wicker Porch Furniture

To the Editor of Woman's Page:

Dear Madam—Please tell me the best way to
dean wicker porch furniture. Also, how can I
prevent all chandeliers and frames from gettime flyspecked in the summer? ANNIOUS.

Scrub the furniture with a stiff brush
and white scapsuds, rinse, dry quickly,
then brush over with turpentine, sweet oil
and alcohol, equal parts mixed, with a very
small portion of thin varnish added. When
dry rub over with a thick soft cloth. This
will keep your furniture in a good state of
preservation.

Send Present to Bride To the Editor of Woman's Page:

while traveling.

Deer Madam—I am invited to a wedding which takes place neat week. I have never met the brider, and it want to send him a friend of mine, and I want to send him a present. As I do not know the brider, should I address the present to him?

Even though you have not as yet met the bride, the present should be sent to her. Wedding presents are never sent to the with water in which onions have been boiled is said to prevent them from becom-ing flyspecked. Many persons cover their pictures, chandeliers, etc., with white

Wear Them; Don't Carry Them Wear Them; Don't Carry
To the Editor of Woman's Page:
Dear Madam A young man sent me a bouquet of flowers, violets and a few lilles of the
valley one day last week when we were going
out for a walk. Should I have carried them
with me? Do you think he is in love with me?
FRANCES.

It would have been gracious to have worn the flowers on your bodics or coat; never carry a bouquet in the street. Send-ing a girl flowers means nothing in the world but an act of courtesy and should not be construed as the act of a would-be lover. Flowers, books and candy are presents which a girl may accept from a man without any thought of love.

Gingham Frocks for Seashore Wear



give her a little present.

The advertising man gave a short grim laugh.

foesn't have to pay for his dinner company, and who never yet has given some-

The girl seemed deeply offended, but he pleasantly pushed her into a taxicab and paid the driver to take her home-slone.

keeps her virtue, it doesn't make any difference how much she cheapens it. I have as little respect for her as I do for the other woman.

her purity of soul, even although her body may remain unsulfied.

subway train And never get to



#### MOTHER PRIZES DEAD SON'S HERO MEDAL

Mrs. Delgatto Will Keep Italian King's Tribute Along With Picture of Her Boy

In the clean-as-wax kitchen, 758 South Eighth street, home of Christian and Gae-tano Delgatto, parents of Luigi Delgatto, twenty-two years old, killed in the Trentino, neighbors and friends assembled to-day. They all wanted to see the silver medal presented to the Delgattos yesterday by the Italian commission. The medal was sent to this country by the King of Italy. The medal was to honor the mother and father whose boy died on the battlefield.

"I grieve for my Luigi," said Mrs. Delgatto, "for wasn't he the big one of the family? I have his picture in the album, and when I am alone in the house I take the picture in my hand and kiss it—kiss it the same as a thousand American mothers would kiss the pictures of their boys if they were killed by the enemy."

"I have decided to keep the medal and picture together in one place. We are going to place them in a drawer and keep it locked. The key to the drawer will be worn around my neck."

Resurgit

They said that strength had passed from off the earth
With the last blazon of dead Chivalry; That Faith had dipt its fance to Revelry And God been banished to the strains of mirth.

think not that the blood of them that die Lifts to the stars an empty sacrifice, That prayers but batter a closed Para-

That heaven can answer not the hearts that Upward for comfort; clearer now there ring The song of faith triumphant over death." The sound of praises thro's mist of

tears: And not in vain they make their offering Who, spent and shattered, clutch their dying breath; Behold, the Son of Manhood reappears!

—D. F. G. Johnson.



#### Tomorrow's War Menu

BREAKFAST Corn Bread LUNCHEON Potato Salad Tongue Bacon and Eggs

Potted Tongue Rice Pudding DINNER DINNER
Clam Chowder
Round Steak (pounded)
Stewed Poke
Baked Corn and Sweet Potatoes

Cherry Pudding with Lemon Sauce Coffee

Iwo Wills Admitted to Probate The wills of John F. Smith, 1424 Palmer street, and Minnie H. Ballentine. New York city, admitted to probate today, dispose of estates valued at \$2500 and \$2300, respectival make fat.

9.50

#### THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

TF WAR with Germany would result in making every American citizen eat the war by 'd' which has been in universal the in Germany almost since the beginning of the war, or the English "war bread," which has been the only bread allowed since January I, the ultimate result in the saving of human life might be such as to more than equal the loss of life occasioned more than equal the loss of lits occasioned by the war. We have gotten far away from the "biologic life." the primitive, simple ways of our ancestors; we are so sophisticated and perverted that perhaps it needed a world-wide catast ophe to bring us face to face with the physical facts of life, and compel us to recognize the need of conserving and developing the natural powers of vitality and endurance which our hodies possess by sensible care and sane bilogic living

The ancients called a loaf of bread "the staff of life," and such it truly was to the ancient Hebrews and Assyrians, the pyra-mid builders and founders of the world's great empires; but in our reckiess and silly catering to our pampered and deprayed appetites and whims, we have broken "the fulff of life." or at least so weakened it as to make it unfit to serve as a staff.

A British commission appointed to study bettlers found that pleans for exclusively

heriberi found that pigeons fed exclusively on white bread died miserable deaths in a few weeks, while other pigeons fed on whole wheat survived and flourished

Fine flour white bread tacks vitamines a subtle principle which is essential to life. The vitamines of ceresis are found in the bran and are removed with the bran by the miller. No wonder that the farmer's pigs fatten and flourish while his daughters fade and pine and die of tuberculosia Fine flour is denatured. It is an in-complete food. War bread has the whole grain in it. In Germany, masked potatoes are added to the dough. This vegetable is also rich in vitamines. Such bread furnishes also a rich supply of line and other salts which are lacking in white bread.

Here's a recipe for making most excellent "man bread."

war bread. Wash and clean two or three pounds wheat, taking care to pick out the pebbles and straw. Soak for twenty-four or forty-eight hours, not allowing to sour. Drain off the water. Grind through a hand mill. Add yeast to the dough. Set to rise in the usual way, and bake in pans. Such bread in sustaining and satisfying. Besides, it is a real staff of life. The miller hasn't had a chance to take anything out of it. One of the best qualities of war bread is that it is laxative, and by adding bran its

Rheumatism

laxative properties may be increased.

What cause rheumatism? RALPH O. We cat rheumatism. We swallow it. The chronic rheumatism is due to autoin-vication. Acute rheumatism is due to infection. It has recently been discovered that rheumatism is often due to what is known as focal infection; that is, a diseased tonall, a diseased tooth, colitis, a diseased appendix, a diseased gall-bladder.

Hot and Cold Compress

Is the alternate hot and cold compress a good remedy for pain in the back of the head? MRS. V. R. It is very good indeed for temporary re-

Fasting When "Bilious"

Is it a good idea to fast for a time when one Yes. Stop eating rich foods until you get an appetite and are prepared to assimilate foods. Fresh fruit and fruit juices will hasten recovery. It is not best to keep the stomach empty, however. Fruits, bran or stomach empty, however. Fruits, bran or agar-agar and sometimes mineral oil should be taken three times a day to keep the bowels moving regularly. If this is not done the accumulation of bile and other materials in the colon may make the symptoms worse instead of better.

Sick Headache

What is the best treatment for sick headache? Clear out the alimentary canal. Get it clean and keep it clean by the use of an abundance of bulk-producing foods, especially bran and agar-ugar.

Articles of Food Which Make Fat What three articles of food products make the cost fat for the human body? JAS. S. D. Starch, sugar and fat are the three things

### IN THE MOMENT'S MODES

Many Midsummer Hats Are Fashioned of Silk



DOG CATCHES DESERTER

Held Man by Trouser Leg Until Offi-

cers Arrived

James Thompson, special officer at Lea

venworth, Kan., owns a police dog whose

abilities as an apprehender of criminals fre-

quently has been scoffed at by Thompson's

William Payne, a deserter last summer

from the Missouri National Guard, while

friends. The dog has vindicated himself.

The lower model has a crown and brim of navy blue maline, both banded with black grosgrain ribbon. Trimming is supplied by clusters of tiny cabbage roses of royal purple velvet.

Looking at many of the latest millinery models

longer the chief sum-

mer chapeau material.

It has been forced to

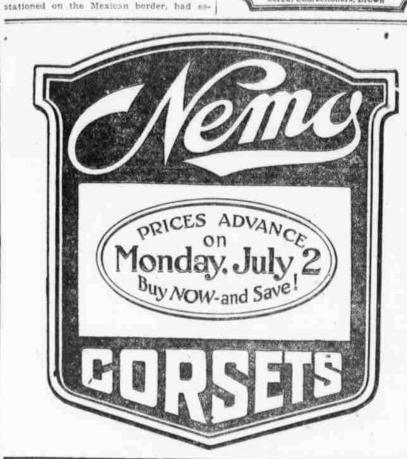
share honors with silk

uped from the disciplinary barracks at the army post here. The dog captured the fleeing trusty, helding to the man's trouser leg and impeding



Sold in convenient bags and cartons Preserved Strawberries - an inexpensive dish with which to vary Winter menus.

A Franklin Sugar for every use Granulated, Dainty Lumps, Pow-dered, Confectioners, Brown



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demonstrate that for the first time in many seasons, a style Oxford has become popular.

In soft glace kid, tan Russia and black calf, white kid cloth and buck, turn or welt soles—\$4.75 to \$10.

FLEXIBLE

AS A GLOVE

The Osteotarsal

So-11th A Quick Bervice Men's

The "Mar-

shal" with

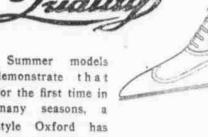
new, low Military

Louis heel.

A guick service stocking department just inside the door, Gotham Gold Stripe

The "Osteotarsal"

# Again in Favor



one of the new Oxford beauties that will dress your foot as exquisitely as you could desire, while the Osteotarsal will keep your foot flexible and healthy.

Black and tan Oxfords and Colonial Buckle Pumps, \$6.00 and \$9.50; white-kid kloth, \$5.50 and \$8.50.

1230 Market Shoes and Stockings for the

family,

The Marshal is

"The Marshal"

Every Foot Professionally Fitted-Three Genting Brothers

18.50 and 24.50 (Special) Women's Tub Skirts A collection of new summer skirts of Irish linen, gabardine, corduroy, linen crash, cordeline and wool jersey. 5.00 Women's Wool Jersey Skirts

25.00

A variety of Sport models, in light weight wool jersey, smart styles in all the new summer sweater shades. Special at 6.90

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